



# Kingsport Senior Center News

**October 2010**

**Volume XVIII Edition 10**

**1200 East Center Street Kingsport, Tenn. 37660**

## Celebrate the Good Times with Bristol Senior Show Choir

Wednesday, October 20, 2010

Time: 10:00 am

Cost: Free

Where: 2nd floor theater

No sign-up required



## Newcomer's Brunch

Wednesday, October 27, 2010

9:00 am, in the cafeteria

All new members are encourage to attend, please sign-up in the office by Oct 25th.

This will be your orientation to the senior center.

Breakfast biscuits and juice will be served sponsored by Friends of the Senior Center

## Five Oaks Shopping Trip, Pigeon Forge, TN.

Thursday, October 22, 2010

Leave at 9:00 am - return by 6:00 pm

Cost: \$5.00, pay at sign-up

Sign-ups begin: September 8th

## Center News

### Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

### Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at  
1200 E. Center Street at the Renaissance Center.  
For more information call the Center at (423) 392-8400  
[www.kptseniors.com](http://www.kptseniors.com)**

### Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm  
Saturday 9:00 am ~ Noon**

**\*The exercise room & computer lab will close  
15 minutes prior to the closing of the Center.**

### Senior Center Closings:

**None in October**

**Membership dues  
For Fiscal year  
July 1, 2010-June 30, 2011**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

Advisory Council Meeting  
Thursday, November 18, 2010  
12:30 p.m.  
Room: 228

### Kingsport Senior Center Staff

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**Newsletter Staff**  
**Operations Editor ~ Shirley Buchanan**  
**Editor— Michelle Tolbert**

**Partial funding by the Area Agency  
on Aging and the  
Tennessee Commission on Aging.  
The Kingsport Senior Center does not  
discriminate on the basis of race, color,  
or national origin.  
The Kingsport Senior Center accepts  
donations / contributions.  
Your favorite  
program area may be specified.**

## Wellness

### WELLNESS SEMINARS

**Memory Testing:** Leslie Webb with The Village @ Allendale will be at the Center on **Thursday, October 7, 2010** at 12:30 pm in the Card Room. Topic of discussion will be "Memory Testing". All members are invited and we hope to see you there.

**Flu Vaccine Clinic:** CVS Pharmacy will be offering a Flu Vaccine Clinic on **Wednesday, October 27, 2010** from 8:30 am to 12:00 noon in the Card Room. Cost of flu vaccine is \$29.95. If you have Medicare Part B there is no fee. Also if you work for the state and have state insurance (i.e. teachers etc) there is no fee for the flu vaccine. You must bring in your insurance card (Medicare, etc) so that we may record the information and bill accordingly. Each person will have to fill out a form of their information and answer the traditional questions and once we have reviewed the information we will administer the vaccine. If you plan to attend this clinic stop by the office to sign up and schedule an appointment that would be most convenient for you, but walk-in's are also welcomed.

**Lunch & Learn:** This seminar will be presented by Dr. Shari Rajoo, MD with Blue Ridge Internal Medicine on **Tuesday, November 9, 2010** in Room 239 from 10:30 am to 11:30 am with lunch to follow provided by Indian Path Medical Center. Topic of discussion will be "A Discussion of Blood Sugars and Other Useful Stuff". You must reserve a seat to attend. Sign ups start on Wednesday, October 13, 2010, there is a limit of 50 seats available. Dead line for signing up is Friday, November 5, 2010.

### **VITAMIN D**

*The sun vitamin could help you survive colorectal cancer.* Doctors at the Dana - Farber Cancer Institute discovered that men with the highest blood levels of vitamin D were 39 percent less likely to die of colorectal cancer than those with the lowest levels.

### **Biking The VA Creeper Trail**

The Van will leave the Center at 8:15 am **Friday, October 1, 2010** for Damascus, VA. Cost of transportation is \$5.00 per person payable when you sign up. The rental fee for bike and shuttle ride is \$20.00 each, (cash only) payable before we load the van. **NOTE:** Please bring the correct amount, we will not have any change. We need a minimum of 12 on the van in order for this trip to go. We will bike ride 17 miles from White Top to Damascus, which is down hill for the first 14 miles and leveling out the last 3 miles. Lunch is on your own at The Creeper Trail Café. Bikes are available with hand or foot brakes.

### **Billiards Tournament**

We invite all pool sharks to show off your skill on, **Wednesday, November 17, 2010** at 9:30 am in the Billiards Room. This tournament will be an 8-Ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person! Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on the **first two tables** in the billiards room. Sign up start on Wednesday, October 20, 2010.

## ***FACTS OF LIFE***

# **50**

PERCENTAGE OF MEN WHO  
ARE PAST DUE FOR A  
COLON-CANCER SCREENING

***SOURCE: Center for Disease Control  
and Prevention***

## ***Daily Activities & Classes at the Center***

### **Monday ~**

Aerobics ~ 8:30 & 9:15 ~ Gym  
 Woodworking ~ 8:30 ~ Woodshop  
 Chinese Yoga ~ 8:30 ~ Lynn View Community Center  
 Quilting ~ 9:00 ~ Room 303  
 Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
 Happy Day Singers ~ 9:45 ~ Travel  
 Clay Beginning Throwing ~ 10:00 ~ Ceramic/Clay Studio  
 Strength Training ~ 10:15 ~ Gym  
 Beginning Line Dancing ~ 11:30 ~ B & G Club  
 Intermediate Line Dancing ~ 12:45 ~ B&G Club  
 Lap Swimming ~ 12:30-1:00 ~ DB Pool  
 Table Tennis ~ 1:00 ~ Gym  
 Knitting ~ 1:00 ~ Room 303  
 Balance, Stability and Stretching ~ 2:30 ~ Lynn View Community Center  
 Strength and Conditioning ~ 3:15 ~ Lynn View Community Center  
 Volleyball ~ 4:00 ~ Gym

### **Tuesday ~**

Tai-chi ~ 8:30 ~ Room 310  
 Woodworking ~ 8:30 ~ Woodshop  
 Step Aerobics ~ 8:30 ~ B&G Club  
 Mini Cardio ~ 8:45 ~ Room 302  
 Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
 Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303  
 Core Conditioning ~ 9:30 ~ Boys and Girls Club  
 Strength Training ~ 9:30 ~ Gym  
 Beginning Tai-chi ~ 9:45 ~ First Broad St. UMC  
 Renaissance Strings ~ 10:00 ~ Multipurpose Rm  
 Sing Along ~ 10:15 ~ Cafeteria  
 Exercise for Everybody ~ 10:30 ~ Gym  
 Yoga ~ 11:00 ~ First Broad Street UMC  
 Dulcimer (Beginning) ~ 11:00 ~ Multipurpose Room  
 Good Neighbors ~ 12:15 ~ Lounge  
 Lap Swimming ~ 12:30—1:00 ~ DB Pool  
 Shuffleboard ~ 1:00 ~ Ceramics Hallway  
 Pickleball ~ 1:00 ~ Gym  
 Piano Lessons ~ 1:30 ~ Multipurpose Room  
 Basketball ~ 4:00 ~ Gym  
 Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria  
 Ballroom Video Class ~ 4:30pm ~ Room 302

### **Wednesday ~**

Aerobics ~ 8:30 & 9:15 ~ Gym  
 Woodworking ~ 8:30 ~ Woodshop  
 Clay Beginning/Intermediate ~ 9:00 ~ Ceramic/Clay Studio  
 Strength Training ~ 10:15 ~ Gym  
 Intermediate Clogging ~ 11:15 ~ Room 302

### **Wednesday Continued**

Lap Swimming ~ 12:30-1:00 ~ DB Pool  
 Belly Dancing ~ 1:30 ~ Room 302  
 Hand and Foot Card Game ~ 12:30 ~ Card Room  
 Table Tennis ~ 1:00 ~ Gym  
 Laughter Yoga ~ 11:00 ~ Multipurpose Room  
 Balance, Stability and Stretching ~ 2:30 ~ Lynn View Community Center  
 Strength and Conditioning ~ 3:15 ~ Lynn View Community Center

### **Thursday ~**

Piano Lessons ~ 8:00 ~ Multipurpose Room  
 Woodworking ~ 8:30 ~ Woodshop  
 Tai-chi ~ 8:30 ~ Room 310  
 Step Aerobics ~ 8:30 ~ B&G Club  
 Woodworking ~ 8:30 am -3:30 pm ~ Woodshop  
 Mini Cardio ~ 8:45 ~ Room 302  
 Woodcarving ~ 9:00 ~ Room 303  
 Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
 Core Conditioning ~ 9:30 ~ Boys and Girls Club  
 Strength Training ~ 9:30 ~ Gym  
 Beginning Tai-chi ~ 9:45 ~ First Broad St. UMC  
 Beginning Clogging ~ 10:00 ~ Room 302  
 Exercise for Everybody ~ 10:30 ~ Gym  
 Yoga ~ 11:00 ~ First Broad Street UMC  
 Beginning Belly Dance ~ 11:30 ~ Room 302  
 Jam Session ~ 12:00 ~ Cafeteria  
 Good Neighbors ~ 12:15 ~ Lounge  
 Volleyball ~ 1:00 ~ Gym  
 Lap Swimming ~ 12:30-1:00 ~ DB Pool  
 Pickleball ~ 4:00 ~ Gym

### **Friday ~**

Aerobics ~ 8:30 & 9:15 ~ Gym  
 Woodworking ~ 8:30 ~ Woodshop  
 Genealogy Group ~ 9:00 ~ Computer Lab  
 Beginning Bridge ~ 9:30 ~ Card Room (call office prior to attending)  
 Strength Training ~ 10:15 ~ Gym  
 Lap Swimming ~ 12:30—1:00 ~ DB Pool  
 Bridge Group ~ 1:00 ~ Lynn View  
 Pickleball ~ 1:00 ~ Gym  
 Art Class ~ 2:00 ~ Room 303  
 Ballroom Dance ~ 5:00 ~ Cafeteria  
 Spanish ~ 5:30 ~ Multipurpose Room

### **Saturday ~**

Basketball ~ 9:00 ~ Gym  
 French Class ~ 9:00 ~ Card Room  
 Harmonica ~ 9:00 ~ Lounge  
 Table Tennis ~ 10:30 ~ Gym

## ***Travel and Special Events***

**Barter, Abingdon, VA. ~ "Sherlock Holmes and the case of the Jersey Lilly" with lunch at Ruby Tuesday ~ Wednesday, October 6, 2010** ~ depart at 9:45am, return by 6:00pm. Cost: \$20.00, plus lunch on your own. Sign-ups began: September 2nd.

**Seminar ~ Potted Plants 101 ~ Thursday, October 7, 2010** ~ Card Room ~ 10:00 am. Cost: \$5.00, paid to instructor. Everything you wanted to know about indoor and outdoor potted plants. This is a first in a series of gardening classes to be offered, come to this class and meet Denise Hendon who is a master gardener. Please sign-up by Oct 4th.

**Medicare 101 ~ Tuesday, October 12, 2010** ~ 10:00 am. Card Room. Sign-ups began: September 13th. Refreshments will be served. Program and refreshments provided by: Secure Retirement Solutions, Lynn Shurtleff.

**Wohlfahrt Haus - "42nd Street" Wytheville, VA. ~ Thursday, October 14, 2010** ~ Time: 9:45am, return by 6:00pm Cost: \$38.00. Sign-ups began: September 7th.

**AARP Safe Driving Classes ~ Wednesday October 13 and Friday, October 15, 2010** , Cost: \$12.00 members, \$14.00 non-members Please pay instructor, Time: 9:00am-1:00pm. Sign-ups began: September 1st

**Lunch and Learn ~ Thursday, October 21, 2010** ~ 11:30 am ~ card room ~ sponsored by Oak Hill Funeral Home. Speaker: Judy Miller. Topics of discussion "Celebration of Life, how to make it easier on your loved ones, simplicity planners, information on cemetery property, burial and cremation options". Sign-ups began September 21st.

**Storytelling Live! With Shelia Starks Phillips / lunch at Bob Evans ~ Tuesday, October 26, 2010** ~ depart 10:30 am, return by 4:30 pm. Cost: \$14.00, plus lunch on your own. Sign-ups began: September 9th.

**Fall Lunch with Country Plus Band ~ Thursday, October 28, 2010** ~ 11:30 am ~ Cost: \$5.00 pay at sign-up. Sign-up begins: October 4th. Menu: Sandwich, chips, fruit cup, drink.

**Radon / Household Dangers Seminar ~ Tuesday, November 2, 2010** ~ 12:15 pm. Card Room. Refreshments will be provided. Speaker: Jan Compton, Environmental Coordinator, State of TN. No sign-up required.

**Holiday Card Making Workshop ~ Thursday, November 4, 2010** ~ 5:30-7:00 pm. Cost: \$7.00, paid to instructor, includes materials. Sign-up at the senior center office so we know how much materials are needed. Instructor: Vicki Patton.

**Knoxville Mall Shopping ~ Friday, November 5, 2010** ~ depart at 8:30 am, return by 5:00 pm. Cost: \$5.00 plus lunch on your own. Sign-up begins: Oct 8th.

**Out- to-lunch-bunch ~ Farmer's Daughter / Amish Store, Chuckey, TN. ~ Friday, November 12, 2010** ~ depart 10:30 am, return by 4:30 pm. Cost: \$5.00 plus lunch on your own. Sign-ups begin: Oct 8th.

**Titanic Museum / lunch at Wood Grill Buffet ~ Tuesday, November 16, 2010** ~ depart 9:00 am, return by 5:00 pm. Cost: \$33.00 , pay at sign-up. Sign-up begins: Oct 5th.

## ***News To Use***

### **Lunch and Learn**

"Health Care Bill and How It Effects Medicare" ~  
Thursday, November 18, 2010 ~ 11:30 am ~  
Card Room. Sign-up begins: Oct 18th. Sponsored  
by Tri-Cities Retirement Consultants.

### **Widowed Person's Support Group**

Thursday, October 21, 2010  
Time: 5:00 p.m.  
Multipurpose Room

### **Cooking Class**

**Senior Center Lounge**  
**Monday, October 18, 2010**  
**Time: 9-12:30pm**  
**Facilitator: Nathalie Trent**

### **Volunteers NEEDED**

**for Lynn View Exercise Room and  
soon to open Art Gallery**  
**There has been a steady increase in  
participation and if you volunteered  
previously, we need you again!**  
**For more information, please contact  
Cindy at 392-8402**

### **Library Book Day**

Thursday, October 21, 2010  
Time: 9-11 a.m.  
Table in front of the senior center office

### **A TASTY TREAT FROM MARSHA**

### **Baked Teriyaki Chicken**

1 Tablespoon cornstarch  
1 Tablespoon cold water  
1/2 cup white sugar  
1/2 cup soy sauce  
1/4 cup cider vinegar  
1 clove garlic, minced  
1/2 teaspoon ground ginger  
1/4 teaspoon ground black pepper  
12 skinless chicken thighs or 4 boneless,  
skinless chicken breasts

#### **Directions:**

**In a small saucepan over low heat, combine the cornstarch, cold water, sugar, soy sauce, vinegar, garlic, ginger and ground black pepper. Let simmer, stirring frequently, until sauce thickens and bubbles.**

**Preheat oven to 425 degrees F (220 degrees C)**

**Place chicken pieces in a lightly greased 9x13 baking dish. Brush chicken with the sauce. Turn pieces over, and brush again.**

**Bake in the preheated oven for 30 Minutes. Turn pieces over, and bake for another 30 minutes, until no longer pink and juices run clear. Brush with sauce every 10 minutes during cooking.**

**YUMMY!**

## ***Your Page***

### **From the Dancing Corner**

The Mailmen returns to Rascals on October 8th. This three — men band plays a wide variety of pop music that is exciting and danceable.

Come join us at Rascals on October 8th to dance and listen - or just sing quietly along. You are guaranteed to have a great time.

### **October Dance with Live Music**

When: October 8, 2010

Time: 7:00 PM—10:00 PM

Where: Rascals Teen Center

125 Cumberland Street, Kingsport

The cost is \$5.00 per person.  
Please bring a dessert or snack to share.



### **Put On Your Calendar**

I welcome you to my second Thanksgiving Dinner. Last year eight people came and stayed eight hours. Hope you can come this year. Sign-up in the senior center office for time and directions by November 17th

Carolyn Tymus

### **Pet Food Drive**

Benefiting the Kingsport Animal Shelter

September 10 — November 10, 2010  
All donations can be dropped off at the senior center office

### **Medicare Changes and How they Effect you**

Monday, October 18, 2010  
Time: 10:30am  
Light refreshments will be served  
Sponsored by: Sterling Health Plans  
Speaker: Patrick Carmichael  
Sign-up by Oct 13th

### **Just for Singles Fun Dinner**

**Thursday, October 14, 2010**

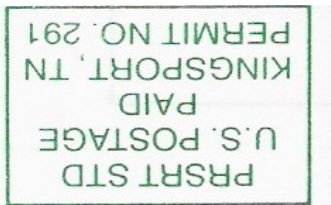
**Time: 6:00 PM**

**Where: 1st Floor Atrium**

**Sign-ups begin: September 21st**

**Sign-ups recommended, walk-ins welcome!**

**Be sure to ask a friend to come**



Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400

## **3rd Annual Christmas Tree Forest**

Community Party and Tree Auction  
Thursday, December 2, 2010  
5:00—8:00 pm  
2nd Floor Gallery and Atrium

We are excepting sponsored trees, wreaths and table  
center pieces for auction on Monday, November 8th  
and Tuesday, November 9th

For more information, please contact Michelle at  
392-8404